

FACTS FADS FALLACIES

Dealing with Personal Magnetism, Telepathy, Psychology, Suggestion, Hypnotism, and Spiritualism.

By
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Eminent Psychologist and Hygienist.

SUGGESTION.

The mind is always controllable by suggestion. A suggestion, however, is not necessarily verbal, but is something you can see, smell, hear, touch, or taste. The mind can be stuffed, starved or poisoned as truly as the body.

I have every reason to believe that there is not a disease known to man which cannot be remedied if the mind of the patient were prevented from regarding the recovery of health.

Friends and sympathetic relatives also have, unintentionally, of course, killed many persons by misdirected kindness and over-anxiety.

Suggestive therapeutics is an established fact. It is rapidly taking its place as a remedial agent. Wherever we go, and in every case of sickness, we witness the power of suggestion.

Suggestive therapeutics is more than "Christian Science," more than "faith cure," more than "divine healing," more than any "pathy" or "ism." Suggestive therapeutics, however, is not infallible, says Bernheim, although it gives good results in a very large number of cases. I may fail even when it is intelligently and persistently managed. The cause of the failure is inherent; sometimes in the disease, sometimes in the subject.

One who uses suggestion never has need to deny the existence of disease, but positively and truthfully asserts that the disease is amenable to cure and that recovery will follow as the result of the treatment.

That there is inherent in all mankind a psychic power presiding over the functions, conditions and sensations of the body, and that the power can be invoked and controlled at will, under proper conditions, is no longer a matter of doubt by reasonable investigators.

This inherent power, known as the subjective mind, runs the entire human machinery when the objective mind is either asleep or in abeyance; in fact, it runs the machinery of life all the time, but runs it better when not interfered with by the objective mind in the form of adverse suggestions. It has absolute control over all the functions—nutrition, waste, all secretions and excretions, the action of the heart in the circulation of the blood, the lungs in respiration, and in all cell life, cell changes and development.

I do not pretend, says Bernheim, that "suggestion" acts directly upon the diseased organ. Diseases are cured, when they can be cured, by their natural biological evolution. Ordinary therapeutic methods consist in putting the organism in a condition such that the restitutive ad integrum may take place. We suppress, says Bernheim, the pain, we modify functions, we let the organ rest, we calm the fever, we retard the pulse, we induce sleep, we encourage secretion and excretion; and, acting thus, we permit nature (the healer), or, to speak in modern language, we permit the activity of the forces and the properties inherent in the biological elements to accomplish their work.

Every element of the organism has, so to speak, its center of action bordering upon the brain. Sensibility, movement, nutrition, secretion, excretion and calorification are governed, or at least influenced, by this central organism which presides over the complex mechanism of animal physiology.

"Suggestion" is of special value to physicians. I think Dr. Parkyn is quite right in declaring that physicians study the anatomy and physiology of the brain, but they sadly neglect the study of its functions.

The chief and greatest function of the brain is to receive, associate and store away all impressions received through the senses and to reproduce these impressions when necessary. Through the mind every organ of the body may be assisted, and it is through unconscious action of the mind upon the body that so many diseases are produced and so many cured.

A study of psychology and suggestion will enable a physician, when a patient first consults him, to ascertain the part imagination plays in the complaint. Imaginary or not, it is real to the patient.

Every careful observer knows that the functions of the human body may be greatly disturbed through mental influences, and that such disturbances, if prolonged, result in fixed, functional or nervous diseases, and that these functional derangements often terminate in organic disease and sometimes in death.

That mental activities are capable of producing chemical and anatomical changes in our bodies is a demonstrable fact. It is also true that, while properly directed thoughts are always conducive to conditions of health, perverted mental conditions as certainly produce functional and organic disease.

Alcoholism is now justly regarded as a perverted mental condition of

which the uncontrollable drink habit is the outward manifestation. The fact that alcoholism yields so readily to suggestive therapeutics is proof positive of its mental origin and, on this account, its rational treatment can be accomplished only along the line of psychic methods.

Power of Thought in Auto-Suggestion.
Auto-suggestion (self-suggestion) is as potent in its influence as when exerted by another. Even when reason is dethroned, the thought held by the subjective mind (the mind of the soul) having become the dominant idea, holds a power over the bodily functions. The following convincing illustration is vouched for by the Lancet, London, Eng.:

"An English lady, disappointed in love in her younger years, became insane and lost all account of time. Believing she was still young and living in the same hour in which she was parted from her lover, taking no note of years, she stood daily before the window watching for his coming. In this mental condition she remained young."

"Some American travelers who saw her were asked to guess her age. They, unacquainted with her history, placed her under 20. She was, at the time, 74; but she had not a wrinkle or gray hair; youth sat gently on cheek and brow. She was held by the thought of youth and love, and it retarded the marks of age."

Imagination and Suggestion.
The imagination may be wrought upon by reading—as instanced by patent medicine advertisements—or by hearsay, or may be wholly creative. In each case it is the outgrowth of a mental condition and the result is that the unreal becomes the real, the ultimate result frequently proving fatal.

The fatal power of imagination was illustrated recently in the case of a Russian railway employee who was, by accident, shut up in a refrigerator car.

He wrote on the wall, "I am becoming colder." Later, "I am slowly freezing." Still later, and the last, "I am half asleep; these may be my last words."

When they took him out he was dead; but it was found that the temperature of the car was only 56; the apparatus was out of order. His auto-suggestion working on his imagination killed him.

Imagination Extraordinary.
The Philadelphia Press gives the following interesting and highly suggestive incident of the power of suggestion through imagination:

"On one occasion when Li Hung Chang, as premier, was having a bitter fight with some of the more conservative members of the Tsung Li Yamen, he received, as a present, a magnificent cake which he had reason to suspect contained poison. He put the cake aside and set to work to find out who was at the bottom of the plot. The crime was traced to three men, one of whom, at least, was absolutely guilty. Li had the trio brought to his yamen. When they arrived they were ushered into his presence and were received in his courtliest manner. The cake was produced with the remark that 'politeness forbids my tasting it until the three generous donors have had an opportunity to enjoy its excellence.'

"Li cut the cake and one of his servants handed it to the unwilling guests. Each took a piece and ate, or pretended to eat. One of them crumbled the pieces and let them fall upon the floor, but the two others ate calmly without manifesting any emotion."

"Within ten minutes the two men began to show symptoms of suffering. Li smiled benignantly and said to the man who had not eaten: 'Your wisdom is so great that I am compelled to preserve your head as a souvenir of transcendent genius.'

"The man was removed and promptly decapitated. To the two others the premier remarked: 'The cake you ate is not the one you sent, but one which I had my cook imitate. The poison from which you are suffering exists only in your imagination. I know of no better way to cure your present pain than by letting you share the same fate as your friend who has just left the room.'

"As they were led away Li said to his retinue: 'It is a pity that men who can eat a deadly corrosive poison with an unmoved countenance should so misapprehend the talent wherewith heaven has endowed them.'

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Gone on a Lengthy Visit.

Caller—Can you tell me if M. X. is at home?

"No, sir; he's gone to the cemetery."

"Oh! What time will he be back?"

"He has gone to stop there, sir."

Neither It Does.

Bacon—The shape of a thing has nothing to do with the taste.

Egbert—I think you are wrong.

"No, I'm not wrong. A pancake is flat, but, by ginger! it doesn't taste flat!"

Giving and Receiving.

Hall porter to person soliciting a favor at a ministry: "The minister receives from ten o'clock to midday—"

"All right," says the other, "but at what hour does he give?"—Paris Figaro.

Of Two Evils.

"You're such a wretched writer, it's a wonder you wouldn't get a typewriting machine."

"I would, only that would show what a miserable speller I am."

Her Opinion.

DeBore—I suppose you consider me too fresh altogether?

Miss Cutting—No, not altogether. Your jokes are certainly stale enough.

NEW IDEA IN SANDWICHES.

Delicacy That is Popular with Our English Cousins.

An unusual sandwich is the Devonshire. It is thoroughly English. Put half a pound of Vienna flour into a basin, add half a teaspoonful of salt, a level teaspoonful of castor sugar and a full teaspoonful of yeast powder, then rub two ounces of butter into the flour, and when thoroughly mixed moisten with a well-beaten egg and enough milk to form a fairly soft dough.

Knead the latter just sufficiently to make it into a perfectly smooth ball, then turn it from the mixing basin on to a floured board, and after rolling it out to about the thickness of a quarter of an inch, cut it out into rounds with a plain or fluted cutter of about the size of a five shilling piece and bake the scones at once on a floured tin. Just before they are done brush them over with beaten egg, and on taking them from the oven let them cool on a wire rack or sieve.

Shortly before they are required split the scones through the middle with a sharp knife and spread all the pieces with thick clotted cream, then cover half the number with a layer of honey and close the sandwiches.

FOR FLAVORING CLEAR SOUP.

Extract Made from Vegetable Parings and Spices.

"How do you ever get so much flavor into a clear soup?" asked an intimate friend of the hostess.

"I make a regular vegetable flavoring extract," was the reply. "It's good for soups or stews of any sort."

"If you want to make some, collect some nice fresh carrot and turnip peelings, onion, leak and tomato skins and celery trimmings. They should weigh about a pound altogether. Add to these a sprig each of parsley, thyme and marjoram, one bay leaf, one clove of garlic, a small piece of lemon peel, two cloves, eight peppercorns, one teaspoonful of salt and one pint of cold water."

"Put them all on the range and simmer until it has boiled down to about half a pint. Next strain carefully and bottle the mixture. This flavoring is very strong, and about one teaspoonful of it is required to flavor one pint of stock."

Plants Thrive on Steam.

A woman famous among her friends for her thrifty house plants ascribe her success to her practice of steaming them.

"Whenever they begin to droop and look as if they needed 'toning up' they get a treatment," she said recently.

She has a row of hooks arranged on the bathroom wall over the tub, and from these she suspends the pots by strings to within two feet of the water, the plants having previously had a thorough watering. The door and windows are closed, with the exception of a narrow crack left open at the top of one of the latter, and the tub is filled with water hot enough to allow a gentle steam to rise and pervade the atmosphere.

In this position the plants are left for an hour, and the operation is repeated until they are restored to health. This of course only can be done in a room with painted walls, as the constant steaming will loosen paper.

Crown of Lamb.

The success of this dish depends largely upon your butcher. You need two racks of young lamb chops. They should be cut and "frenched," but not entirely separated. These two racks should be tied together with the bones towards the inside, forming a perfect circle. Put in bakingpan and roast from 35 to 45 minutes, according to the heat of your oven, basting the meat frequently. This should be served on a large platter, and the inside of the "crown" should be filled with two cans of French peas that have been heated with a tablespoon of butter. Garnish the outside of the crown with Saratoga potatoes and parsley. If your guests are not many and you have an exceedingly large platter, you can serve this entire course on the one platter.

Hot Ham Sandwiches.

A housewife who was tired of serving cold sliced ham advises other people to try hot ham sandwiches. "Cut thin slices of white bread and spread half of them with soft butter and the remaining half with finely chopped ham," said she. "Press the slices together and remove the crust. Beat one egg slightly, add one-half cup milk and strain over the sandwiches. When moistened place them in a hot frying pan with two level tablespoons of butter. Brown on both sides and serve at once."

Veal and Tongue Cheese.

Pound in a mortar equal quantities cold boiled tongue and veal, adding the meanwhile a little butter and some of the veal stock to moisten. Pack solidly in a stone jar, pour on melted butter, cover tightly and keep in a cool, dry place. This can be served with any tart jelly or used in a salad.

Filling for Fancy Pin Cushions.

Always a new wrinkle from the young woman of "faculty" who knows how to do everything the nicest and easiest way. Rice, she says, makes the best possible filling for a fancy pin cushion, as it holds its shape well and takes the pins easily.

Boiled Cider Sauce.

Beat one egg yolk in sauce pan over boiling water, add one tablespoon of brown sugar, beat, then add three-fourths cup of nice boiled cider. Continue beating until smooth and foamy.



THE AMERICAN HOME

Wm. A. Radford
EDITOR

Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 24 Fifth Ave., Chicago, Ill., and only enclose two-cent stamp for reply.

This is an old style house plan, but it has a good deal to recommend it. Those who appreciate plenty of light and air like to have rooms built on this plan because they can have all the windows they want and have them so placed that sunlight can penetrate into every room.

The first houses, built when the country was new to white folks, were square or nearly so. Then, as more room was needed, they were extended in one direction, keeping generally to one room in width. When the limit in this form was reached some bright intelligent fellow branched off at right angles and built a room on the side of his house. This must have been considered a great invention, and so it was, for it has been handed down from one generation to the next and we still find the idea worth adopting.

There is no record of the original house built on this plan, so we don't know whether it had an upstairs or not, but there is a good cellar, another feature that the original architect didn't understand. It is necessary to hike back to those good old times when luxuries approached closely to what we call privations in order to appreciate what we now have.

We would live as the early pioneers did, in one room houses built with an ax, but we would rather not do it in the winter time. There are, however, a few principles that were worked into those early habitations that we cannot get away from and we do not want to. One is the open air freedom, the light and cheerful setting of trees and clearing, and the open fireplace, the cheerful warmth of which still lingers

in our hearts as a heritage from primitive days.

As this house is 30 feet wide and the projections at the roof gables are extra it needs considerable room. The law has decided that you must not hang your roof over your neighbor's ground, so it would be impossible to put this house on a narrow-minded city lot. If you want to build on this plan you must have room enough to look out in every direction.

There is another advantage in a plan of this kind, and that is the possibility of extending it at the back without interfering with the original plan. Some houses may be enlarged when the family increases, while other plans cannot be altered without tearing the whole house to pieces.

There are only six rooms in the plan as designed, but the rooms are all large. If an eight-room house is wanted in the years to come the only thing necessary is to add a wing at the back similar to the one in front and make two rooms that can be reached without any objectionable features and with no alteration in the original plan except the cutting of two doors.

It is not desirable as a general thing to build a house smaller than you really want with the expectation of making it larger afterward, but there are a great many different existing circumstances, and changes in families are continually taking place. It is customary under certain conditions to build a house larger than necessary and to leave some rooms unfinished to save expense at the time of building, but it is quite unusual to select a plan with the expectation of making alterations. In fact, it is usually very undesirable to do so.

One feature about this plan that

stroyers Japan is far ahead. She has 79 torpedo boats and 57 torpedo-boat destroyers, while the United States has only 33 torpedo boats and 21 torpedo-boat destroyers. On the other hand, Japan has only nine submarines, while we have 19.

In the cost of battle ships of our navy the Connecticut and Kansas lead the others, the former costing \$7,667,606, and the latter \$7,701,143. The cost of maintenance of each type of warship is as follows: Battle ship, \$636,587.12; armored cruiser, \$755,151.47; protected cruiser, \$553,002.26; gunboat, \$115,585.12; torpedo-boat destroyer, \$77,354.22; torpedo boat, \$51,650.98; submarine, \$26,451.10.

The total number of ships in the American navy is 168; in the navy of Great Britain, 545; in the French navy, 508; in the navy of Germany, 210, and Japan has 194. It will thus be seen that, while the United States has the least number of ships of these five powers, she is still second in rank by her comparative strength in battle-ship tonnage. Great Britain's tonnage is \$21,390; United States, 406,146; France, 368,461; Germany, 358,461; Japan, 191,498.

The reason of the excess of ships in the French navy is found in the fact that she has 271 torpedo boats and 99 submarines, while England has only 71 torpedo boats and 48 submarines, and the United States only 32 torpedo boats and 19 submarines.

Sapling Truth.

We are all of us willing enough to accept dead truths or blunt ones, which can be fitted harmlessly into spare niches, or shrouded and confined at once out of the way. But a sapling truth with earth at its root and blossom on its branches; or a trenchant truth, that can cut its way through bars and sods, most men dislike the sight of enlightenment, if by any means, such guest or vision may be avoided.—John Ruskin.

Roads Completed in New York.

During 1907, 375 miles of improved highways were completed in New York state, 690 miles were placed under contract, and plans and specifications were adopted for 490 miles more. Last year showed the greatest amount of road building since the policy of state road improvement was inaugurated in 1898. For the ten years there are 1,042 miles of completed improved roads to show, and of this total 375 is to be credited to last year.

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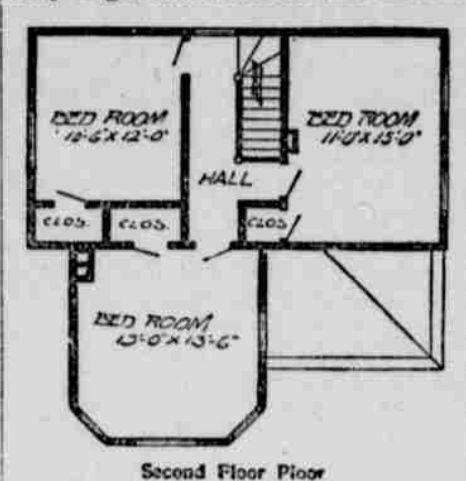
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will strike everybody favorably is the possibility of building it for about \$1,600. In these times of advancing prices no one expects much of a house for any such price. A man would have to manage very carefully to get this house for that amount



Second Floor Plan

of money, but it can be done in localities where building materials and labor may be had at reasonable prices, and provided the owner understands how to take advantage of such conditions.

STRENGTH OF OUR NAVY.

Interesting Comparison of American and Japanese Fleets.

A comparison of the naval strength of Japan and the United States is doubly interesting in view of the recent departure of the American fleet of battleships for the Pacific, and the significance which has been attached to this event, writes Newton Forest in Harper's Weekly. The American navy has on its list 29 battle ships of 10,000 tons and over, while Japan has 13; our navy has 11 coast-defense vessels, Japan three; we have 15 armored cruisers, Japan 13. But in the number of torpedo boats and torpedo-boat de-



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LEFT HIM GUESSING

INSPECTOR HAD NO ANSWER TO CUB'S RETORT.

Army Officer Relates How He Got Beautiful Setback from the Young Quartermaster of a Western Post.

"In an interchange of repartee, friendly or for blood, one can nearly always find some sort of answer in rebuttal," said an army officer of the quartermaster's department, "but I got the finest flooring at a western post the other day you ever heard of."

"This cub is the quartermaster at the western post. Rather a classy young fellow, too, only eccentric," suspect that what ails him is that he's a bit of a genius.

About two years ago this young officer had a bad fit of sickness after his return from the Philippines, and it affected his head. In fact, he had to take sick leave for six months and go to an institution where people are treated for nervous prostration. At the end of his six months he was examined by a board of army surgeons, pronounced quite sane, again—they gave him a certificate to that effect—and he was restored to duty in the quartermaster's department. He was assigned to duty at this western post.